



### PROPOSED EXAMINER'S AMENDMENT

The application is proposed to be amended as follows:

#### In the Specification:

- A) Page 6, line 22, replace "42" with --20--.
- B) Page 7, line 15, after "such" insert --as--.

#### In the Claims:

- A) Rewrite claim 55 as follows:

--55. (Currently Amended) An exercise apparatus comprising:

a rotatably mounted axle;

a weighted flywheel communicating with the axle and adapted to rotate with the axle to provide an inertial resistance;

a line having opposing first and second ends that are attached to the axle, a first portion of the line being wound about the axle in a first direction and a second portion of the line being wound about the axle in a second direction;

the line arranged so that, for each direction of axle rotation, as one of the first and second portions is unwound from the axle, the other of the first and second portions is simultaneously wound about the axle; and

at least one handle communicating with the ~~lines~~ line and adapted to be operated by a user to manipulate the line to impart oscillating rotational acceleration and deceleration to the axle so that a first muscle group of the user performs a positive work portion against the inertial resistance produced by the rotating weighted flywheel and a second muscle group performs a negative work portion against the inertial resistance produced by the rotating weighted flywheel for each direction of axle rotation, and the positive and negative work aspects of the exercise oscillate between muscle groups each time the rotational direction of the axle and weighted flywheel changes.--.

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B) Amend claim 58 as follows:

--58. (Currently Amended) The exercise apparatus of claim 55, wherein the axle is a first axle, and additionally comprising a second axle spaced from the first axle, the second axle communicating with the first axle so that the second axle rotates with the first axle.--.

C) Amend claim 66 as follows:

--66 (Currently Amended) An exercise apparatus comprising:

a frame configured to be supported on a substantially flat surface:

an axle rotatably mounted to the frame;

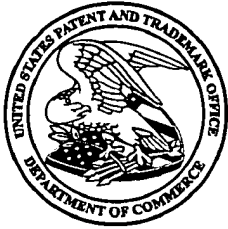
a weighted flywheel communicating with the axle and adapted to rotate with the axle to provide an inertial resistance;

a line having first and second ends, a wrapped portion of the line between the first and second ends being wrapped about the axle;

first and second handles attached to the line on opposite sides of the wrapped portion, the handles adapted to be operated by a user; and

a line guide between each handle and the wrapped portion;

wherein the apparatus is configured so that a user simultaneously applying force to the first handle with a first muscle group and the second handle with a second muscle group while the axle is rotating simultaneously performs positive work with the first muscle group against the inertial resistance produced by the rotating weighted flywheel and negative work with the second muscle group against the inertial resistance produced by the rotating weighted flywheel, and such positive and negative work oscillates between the first and second muscle groups as the rotational direction of the axle and weighted flywheel changes.--.



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NOTE: Proposed amendments to clarify inertial resistant aspect of invention and distinguish from prior art frictional flywheel + single direction rotating flywheel exercise devices, will try to contact you next week.